



**Framingham**  
State University



June, 2015

Dear FSU Alumni,

**We have an exciting opportunity to share.** In partnership with Boston Children’s Hospital, Framingham State University is participating in a major research study to ask a key question in nutrition: Are all calories alike for weight-loss maintenance? We hope that the findings from this study will guide more effective approaches to long-term obesity prevention and treatment.

We launched the study last year and now hope to expand it to include participants from outside the FSU campus. We are reaching out to you, as neighbors in close proximity of FSU, to consider volunteering as a study participant. Join with us in this landmark research to put Framingham on the map again!

**Potential benefits from participation include:**

- Having three meals and one snack fully prepared for you each day for nine months (Academic Year 2015-16)
- A chance to eat healthy and lose weight (10-12% of body weight)
- Personalized health report including changes in body fat, lean mass, blood pressure and cholesterol levels
- A stipend of \$3,280, in addition to all your free meals
- A chance to advance science by taking part in a groundbreaking study

**You may be eligible to participate in the study if you are:**

- 18 to 65 years of age
- Interested in healthful weight loss
- Willing to not drink alcohol during the study
- Willing to eat at least one meal per weekday at FSU’s Dining Services (and pick-up other two meals)

Enclosed you will find a brochure with more details. For more information or to find out if you are eligible to participate, contact the Framingham State Food Study at: 617-919-7305 or [fs2@childrens.harvard.edu](mailto:fs2@childrens.harvard.edu).

We would welcome the opportunity to have you join with us and eat well and advance science. For specific questions about the study, please contact our project director Dr. Pat Luoto.

Sincerely,

Linda Vaden-Goad, Ph.D.  
Provost, Vice President for Academic Affairs  
Framingham State University  
100 State St., PO Box 9101  
Framingham, MA 01701-9101

Patricia K. Luoto, EdD, RD, G’76  
Project Director, Framingham State Food Study, (FS)²  
Professor Emeritus, Food and Nutrition  
Framingham State University  
978-568-8918 • [pluoto@framingham.edu](mailto:pluoto@framingham.edu)

**TO REGISTER**

or for questions on the Food Study, please contact:

**Marlee McGurl**  
**617.919.7305**

**Dr. Pat Luoto**

**GET FOOD & SUPPORT FOR WEIGHT LOSS**

At the end of the study, all participants receive a personalized health report including changes in body fat, lean mass, blood pressure, & cholesterol levels.

**QUICK, EASY & NUTRITIOUS**

All meals, snacks & beverages are made with fresh ingredients & prepared specifically for you.

**FINANCIAL COMPENSATION**

For participation, you will receive compensation for your time & all your meals

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Dear FSU Neighbor,

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*“The collaboration with Boston Children’s Hospital opens a new era for research and scholarship for Framingham State University. It is truly exciting to be part of a research endeavor that will illuminate a question that can change the dieting culture of the nation!”*

— Dr. F. Javier Cevallos, President, Framingham State University

June, 2015



Dear FSU Faculty, Staff, and Friends,

There is still time to register for the Framingham State Food Study for the 2015-16 Academic Year, which asks a key question in nutrition: Are all calories alike for weight-loss maintenance? We hope that the findings from this study will guide more effective approaches to long-term obesity prevention and treatment. Consider joining with us in this landmark research to put Framingham on the map once again!

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Study participation also provides an opportunity to contribute to real-life nutrition research and the educational experience of FSU students. In the words of Dr. Lisa Eck, Professor of English:

*“Participating in the study has noticeably increased my mindfulness about what I’m eating and more to the point, the pleasure I take in eating healthy foods. The variety of types of food – colors, textures, tastes and exciting combinations of tastes – really adds to the pleasure factor as well. The ritual of coming to the dining hall to nourish myself (rather than eating at my keyboard) has become a new welcome form of self-care. I’d recommend the study routine to anyone!”*

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★ ★ Call us to find out more! 617-919-7305! ★ ★

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Sincerely,  
Ralph G. Eddy  
Director, Dining Services  
Framingham State University  
508.626.4602 • [reddy@framingham.edu](mailto:reddy@framingham.edu)

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